

## ABSTRACT OF THE DISCLOSURE

It is an object of the present invention to provide an optical recording medium that is suitable for recording information therein at a high velocity.

5 An optical recording medium according to the present invention includes a recording layer formed of a phase change material and capable of recording data therein at a linear recording velocity equal to or higher than 10 m/sec, wherein  $R_{top}$  satisfies the condition that it is larger than  $\{11 - (V/5)\}$  and smaller than  $\{22 - (2V/5)\}$ , where  $R_{top}$  (%) is a reflectivity of the crystal  
10 phase change material forming the recording layer and  $V$  (m/sec) is a target linear recording velocity. According to the present invention, since modulation (MOD) of 50 % or more can be ensured, it is possible to effectively suppress the degradation of jitter caused by recording data at a high linear recording velocity equal to or higher than 10 m/sec.

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